



TAYLOR SWIFT DUMPED
SINGER RINGS IN THE NEW YEAR ALONE {page 16}



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DIVA
PALTROW LOOKS TO SUPERSTARS SCENE {page 14}



OTTAWA

metro ®



Thursday, January 6, 2011
www.metronews.ca



News worth sharing.

Less snow saving you cash?

► Ottawa's 24-centimetre December snowfall half the 52.2 cm average ► In January, the average snowfall here is 48.7 cm ► 41.2 cm in February

 **MIKE BEASLEY AND STEVE COLLINS**
OTTAWA@METRONEWS.CA

This winter's light snowfall, which Environment Canada expects to continue, could mean taxpayer savings.

Ottawa budgets \$69 million for snow clearance, and ran a \$7-million surplus last winter, another dry one.

Rideau-Vanier Coun. Mathieu Fleury said winter's unpredictability chills any temptation to make cuts.

"The second we remove the money from (the snow budget), then that's when we're going to have the big year like three years ago," he said.

"Might we have a very dry winter? We might. Might we return to normal? We might. It's just really too difficult, particularly when we talk in terms of precipitation."

PETER KIMBELL, ENVIRONMENT CANADA

Environment Canada meteorologist Peter Kimball warned that forecasting is tricky.

"We're suggesting a continuation of what we're seeing, a bit drier than usual, a bit warmer than usual. But does that mean that we won't have a big snowstorm? Of course not."

Court

Sending him back to Canada

► Belgium set to expel Canadian priest ► Eric Dejaeger is wanted in Canada for child sex crime charges {page 08}

for growing pot?

While the police might turn a blind eye, tax man won't {page 13}

Banking for a rainy day

New poll shows Canadians are saving their money {page 04}

Juniors. Silver



► Team Canada goaltender Mark Visentin makes a first period save against Russia last night. The Canadians blew a 3-0 lead in the third to lose 5-3 to Russia. More coverage, page 21.

Canada chokes in final

NATHAN DENETTE/THE CANADIAN PRESS

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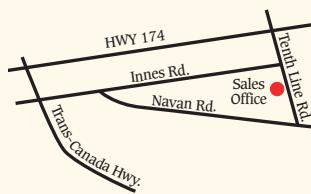


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Coptic parish unites after attack in Egypt

► Police presence last night 'a necessary precaution': Church member
► Cabinet ministers Baird, Kenney among dignitaries in attendance



► Government House leader John Baird, left, MPs Royal Galipeau and Pierre Poilievre, and Immigration Minister Jason Kenney attend a memorial service at St. George and St. Anthony Coptic Orthodox Church last night.

 JOE LOFARO
OTTAWA@METRONEWS.CA

Emotions are high for many Coptic Christians as they celebrate Christmas Eve today in the wake of a church bombing in Egypt on New Year's Day.

However, the tragedy didn't stop the nearly 200 who gathered last night at the St. George and St. Anthony Coptic Orthodox Church in Ottawa for a memorial service.

"It shows that we are

New Year's attack

► 21 people were killed and nearly 80 wounded in an apparent suicide bombing at a Coptic Christian church in Alexandria, Egypt.

► The bomb exploded 30 minutes after midnight on Jan. 1 as churchgoers were leaving the Saints Church.

united and that we are not going to be afraid because of our beliefs," said Sarah Botros, just before attend-

ing the service with her family. "That's what we're doing tonight."

Still, the attack has put a

► Several riots between Christians and police took place in Alexandria and Cairo after the bombing.

► No group has claimed responsibility for the attack, but Egyptian police are investigating al-Qaida-inspired groups based in Alexandria.

damper on her Christmas spirit.

"It's definitely not the same. Everyone has heavy hearts right now," said Botros, 24.

Sheriff Rizk, 21, also agreed that Christmas will be different this year.

"You can't help but feel a little bit down, especially now we're feeling a threat to our security here," he said.

Four police cruisers were parked outside the east-end church as the service went on inside.

Afghan cabinet committee shut



THE CANADIAN PRESS FILE

The Harper government has quietly shut down the powerful cabinet committee that steered the mission in Afghanistan.

The decision to dismantle the committee came Tuesday, after Prime Minister Stephen Harper's minor

cabinet shuffle, The Canadian Press has learned.

The committee had been chaired by Foreign Affairs Minister Lawrence Cannon and included Defence Minister Peter MacKay, Veterans Affairs Minister Jean-Pierre Blackburn, Pub-

lic Safety Minister Vic Toews and International Co-operation Minister Bev Oda.

It was responsible for sending quarterly mission-progress reports to Parliament.

THE CANADIAN PRESS

Homemade IED found in vehicle

A man is in custody and facing charges after Ottawa police found an improvised explosive device in a car in the Glebe Tuesday night.

Police stopped the car at Third Avenue and Chrysler Street around 11:30 p.m. on a traffic infraction.

They found the homemade bomb after searching the vehicle and called the explosives unit.

It was transported to a secure location where it was rendered safe.

© STEVE COLLINS

Assault victim still critical

A 37-year-old man remains in critical condition in an Ottawa hospital following a New Year's Eve assault.

Police say they've been unable to interview the victim since he was found injured in the Bank Street and Alta Vista Drive area.

Police are appealing to the public for assistance in their investigation.

THE CANADIAN PRESS

Decision on bail coming next week

A bail hearing has ended for two men charged with accessory after the fact in the shooting death of Yazdan Ghiasiand Ghiasi.

A superior court judge is expected to decide Jan. 12 whether to release to Khaled Wehbe, 19, and Zarkaria Dourhnou, 18.

© SEAN MCKIBBON

Outside board urged for RCMP

The federal advisory council on the RCMP says the national police force should have a management board to provide outside advice and oversight.

A board with a mandate spelled out in legislation would transform management of the force and help quell disputes like the recent revolt mounted by disgruntled senior officers, the Reform Implementation Council says in a report.

THE CANADIAN PRESS

1
news



News on the move

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04

metro

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THURSDAY, JANUARY 6, 2011

Canadians back in the swing of saving: Poll

► **59%** of Canadians are the same or more optimistic about markets vs. 2009

STEVE COLLINS
OTTAWA@METRONEWS.CA

ment, said he's seen a rise in the confidence of his clients as the markets have improved over the past two years.

But he advises them that devoting income to paying down mortgages and lines of credit is a smarter move than maxing out RSP contributions.

"I think that the message that gets missed in all this stuff is pay your debt down first," he said, adding that this is advice that banks, which are after all in the lending business, aren't likely to offer.

Poll

Of Canadians polled on their retirement-saving strategies:

- 59% of RSP holders made contributions throughout the year.
- 41% made one lump-sum payment instead.
- 40% agreed borrowing to make RSP contributions is a good strategy.
- 70% admitted they didn't know exactly what investments were in their plans.

Beefed-up RIDE sweep leads to only 6 arrests

CONTRIBUTED



► Chief Supt. Gary Couture, the OPP's Eastern Region commander, checks up on a driver during the holiday RIDE program.

Drivers may be getting the message, anti-drinking-and-driving advocates say, in the wake of positive statistics on holiday RIDE programs conducted by the OPP.

Police checkpoints set up over the holidays netted only two more drinking-and-driving-related charges than they did a year ago, but with a boosted presence police man-

aged to check about 3,000 more vehicles this year.

Overall, OPP officers in the Ottawa region checked a total of 15,940 vehicles from Nov. 26, 2010 to Jan. 2, 2011.

They laid 6 charges related to impaired driving or refusing a breathalyzer. They issued 24 warning licence suspensions, and 343 tickets related to other Criminal Code, High-

way Traffic Act or Liquor Licence Act offences were issued.

"I think that people are getting the message," said Tom Wainwright, president of the Ottawa chapter of Mothers Against Drunk Driving. "The police are out there at all times of the day, and we just don't want you to drink and drive."

● SEAN MCKIBBON



► Canadian Public Health Association exhibition assistant Jessica Sunter leads a tour of the 100 Years of Public Health display, which she helped research.

Public Health celebrates the century mark

► Canadian Public Health Association touts its role promoting immunizations, disease control

The Canadian Public Health Association is celebrating its 100th anniversary with an exhibit honouring health measures that have quietly boosted average Canadian lifespans over the past century.

"You and I are privileged to have 30 more years of life and 25 of those can be attributed to public health interventions," said Debra Lynkowsky, the association's CEO.

The exhibit, 100 Years of Public Health, runs until Friday at Ben Franklin Place. It touts some of the

"When public health operates well, it's virtually invisible. You don't think about why your water is safe ... you don't think about the regulations that make your food safe or the sewage systems."

DEBRA LYNKOWSKI, CANADIAN PUBLIC HEALTH ASSOCIATION

biggest advances in areas like workplace and motor vehicle safety, family planning, infectious disease control, and environmental regulations.

Some of the biggest improvements, she said, are little noticed today.

"Mass immunization has probably been the most single effective health intervention ever, and yet now it's like we almost take it for granted," Lynkowsky said.

"We forget that it was only decades ago when people had polio and it was only a hundred years ago that there were outbreaks of diphtheria and typhoid fever and smallpox." ■ STEVE COLLINS



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VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

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	YES	NO
I am feeling sad and depressed	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input type="checkbox"/>
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06

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THURSDAY, JANUARY 6, 2011

On a drive to get ambulances to Honduras

► 26-year-old hopes to replicate emergency care charity started in U.S. ► Plans 'epic road trip for a good cause'

**JOE
LOFARO**
OTTAWA@METRONEWS.CA

Photo

site, a desire for change, and generous donations, Chris Doyle-Kelly started his one-man operation to help rural Honduras.

His initial plan was to have retired ambulances from Ottawa donated to him so he could send them to communities in Honduras, which lacked emergency medical care. The plan was rejected, however, by the Ottawa EMS due to liability.

"You know the way our world is with liability, they don't want to be re-



► Chris Doyle-Kelly

sponsible for that," he said.

Since then, he has started his own website, Wheelsforlife.org, and

managed to raise about \$2,000 of the \$8,000 needed to buy his first ambulance at the next public auction.

"There are stories all the time about three-year-old children dialing 911 and saving lives," said Doyle-Kelly.

"Our safety net is so deep that we minimize the opportunities we miss out on."

He would like to see the same safety net in Honduras to save lives of people who do not have that luxury.

If he has to, he said he is looking forward to driving the ambulance down to Honduras himself.

FLAP Formation linguistique axée sur les professions

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Belgium to expel priest

► Canadian man wanted for child sex crimes in the Arctic

Belgian officials say they plan to expel a Canadian priest facing sex charges involving Inuit children in Nunavut.

Eric Dejaeger, who was originally Belgian but lost that status when he became a Canadian citizen, remains wanted in Canada on warrants issued in 2002 for sex crimes that are alleged to have happened 30 years ago in Igloolik.

Dejaeger, 63, has been living in Belgium for years — far longer than the legal

"We're sending him back. He's a Canadian citizen illegally residing in Belgium." BELGIAN EMBASSY OFFICIAL

limit of three months for Canadians without a visa.

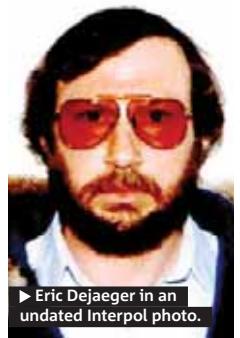
"That is the reason he has been arrested and is being held in a detention centre awaiting his expulsion to Canada," said an official in the Belgian embassy.

The former Arctic missionary, who appears on Interpol's international wanted list, is being held

in a detention centre for illegal residents in Bruges, Belgium. He could end up back in Canada in a matter of weeks.

"It's a bit like in Canada — as soon as it's established that he's illegally residing in our country, it can go quite fast," said the Belgian official.

THE CANADIAN PRESS



► Eric Dejaeger in an undated Interpol photo.

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Drive-by Shooting



► A woman who only identified herself as Kiandra, who said she was the girlfriend of the deceased, is held while grieving near a vehicle where one man was killed and another wounded in an apparent drive-by shooting on eastbound Interstate 10 near the South Broad Street overpass in New Orleans yesterday.

GERALD HERBERT/THE ASSOCIATED PRESS

Man shot on Interstate

Gibbs quitting as White House press secretary

WASHINGTON. Robert Gibbs, the White House press secretary and one of the most visible and forceful advocates for U.S. President Barack Obama, is quitting his job to become an outside political adviser.

The change is among the many expected in the coming days as Obama redefines his leadership team to get ready for a re-election bid and a more powerful opposition Republican party.

Gibbs said he would be leaving the White House by early February.

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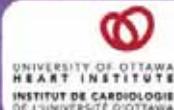
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**IT'S A
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Bad vibrations for Britain's 'sex-toy queen'

► Nanny facing charges of administering poison with intent to annoy ► Tabloids in frenzy over racy blonde

Jacqueline Gold brought sex toys to the British masses one set of pink furry handcuffs at a time, amassing a fortune while reinventing the family lingerie company as a female-focused brand.

But the sex shop magnate, whose books — including an autobiography titled *Good Vibrations* — and business acumen made her Britain's 16th richest woman now is in the news for another reason: Her nanny was in court yesterday, accused of spiking the racy retail boss's soup with windshield-wiper fluid, a non-poisonous substance in small quantities.

Allison Cox, 33, is ac-



► Jacqueline Gold mingles with Camilla, Duchess of Cornwall, in 2007.

Three counts of administering poison with the intent to annoy.

The accusations came after Gold criticized her cook last fall when her soup tasted odd. The chef became suspicious and removed the leftover broth from the trash to investigate.

The seemingly made-for-TV drama of sex, money and malice has captivated tabloid watchers from Britain to New York. No possible motive for the alleged crimes against Gold has been suggested by police or prosecutors. Cox did not enter a plea yesterday and was released on bail pending a Jan. 20 hearing.

THE ASSOCIATED PRESS

cused of trying to poison her boss with salt on Sept. 29, and trying again with sugar on Oct. 4, before using windshield wiper fluid on Oct. 5. She was arrested the next day. The charge:

Allison Cox, 33, is ac-

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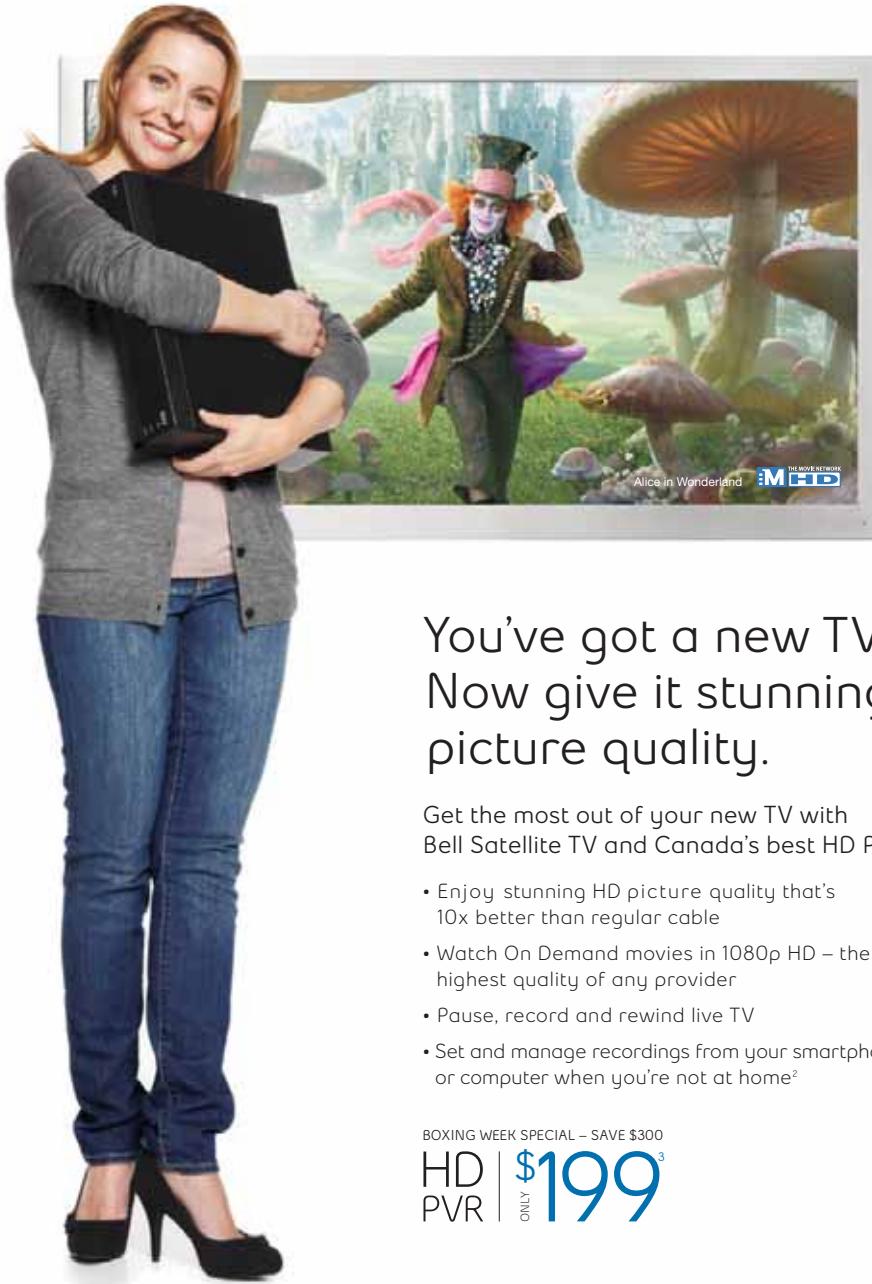
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1 IN 4 COLUMNISTS RECOMMEND ...

He says ...

JOHN MAZEROLLE



I'd like to talk about something very close to my heart. Specifically, my lungs.

It's winter, which means most of you have struggled with some symptom of the season, be it the common cold, the common flu, the common fever, the common Guillain-Barré syndrome, the uncommon cold, cabin fever, swine flu, disco fever, Jersey Cold Shore, SAD (Seasonal Affective Disorder) or HAPPY (Heat-Averse Pessimistic Period — Yearly).

I haven't been sick at all, which is good news because it allows me to offer advice to the rest of you, starting with a heartfelt, "Ha ha ha ha HA ha." It's also good news because I generally handle

colds about as well as the guy with no face or limbs in that Metallica video.

Because I only want the best for my reader(s), here's my guide to dealing with winter illness.

Q: What is the common cold?

A: It's the cold that commoners get. Royals get a different virus, which is why they always look tired and wave to crowds like they're struggling with a degenerative muscle disease.

Q: What can I do to prevent it?

A: Not much. Studies show that just about every purported cold remedy — zinc, vitamin C, hypospray — either does nothing or is just a Star Trek thing. That's

why people hate colds. The best ways to ward off a cold take work — exercise, eat vegetables, drink lots of non-alcoholic drinks — and we think, "Geez, I'd rather get sick."

Q: Is there nothing we can do?

A: It's best to avoid contact of all kinds, including eye contact. And remember not to touch anything that may have been touched by

another person. An elevator button, for instance, is a virus-ridden glowing circle with all the killing potential of the Hal 9000. Also, avoid "practical joke" bathrooms that have no-touch flushes, water, soap and paper towels, but require you to pull on a clammy

metal handle to get out.

Q: What if human contact is necessary?

A: Fortunately, Health Canada's recommended "sneeze" acts as a warning beacon, cautioning people to stay away by making any coat you are wearing a huge wearable Kleenex with mucous in the elbow folds. But if someone extends their hand, wash it. If someone asks for a hug, run. And never have children.

Q: What are doctors saying?

A: In a recent survey of more than 200 Canadian MD's, most responded hach hach HWAAAGH ah-choo. At least that's what I think they said. It's so hard to read their handwriting.

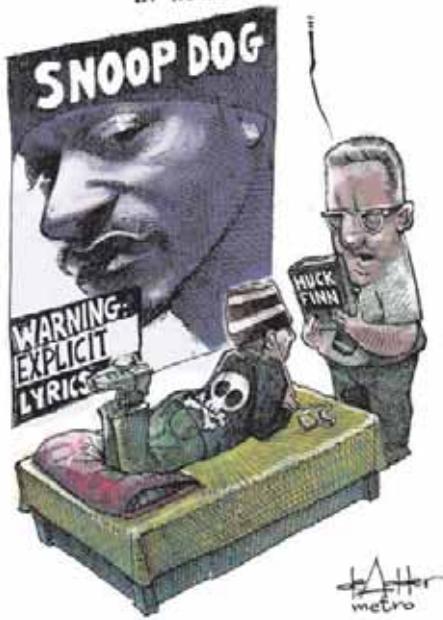


Read more of John Mazerolle's columns at metroneWS.ca/hesays

Cartoon

MICHAEL DE ADDER

YOUR GENERATION CAN'T
HANDLE THE HARSH LANGUAGE
IN HUCKLEBERRY FINN.



Hexing the government

Worth mentioning

Solace for world leaders trying to enforce painful austerity measures: At least you're not running Romania. Angry witches are using cat excrement and dead dogs to cast spells on the president and government, who are forcing them to pay taxes. Also in the eye of the taxman are fortune tellers, who should have seen it coming.

And President Traian Basescu isn't laughing it off. In a country where superstition is mainstream, the president and his aides wear purple on Thursdays, allegedly to ward off evil spirits.

A dozen witches will

Double, double toil and trouble



head to the Danube to put a hex on the government today and hurl mandrake into the river "so evil will befall them," said a witch named Alisia. She identified herself with one name, as is customary among witches.

The tax on witches went into effect Saturday as part of the government's drive to crack down on tax eva-

sion in a country that is in recession. Like any self-employed person, they will pay 16 per cent income tax and make contributions to health and pension programs.

Magic in Romania is no laughing matter. Centuries-old superstitions are rife and are tolerated even by the Orthodox Church. THE ASSOCIATED PRESS

How do you beat the January blahs?

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Metro Minute with NAC orchestra

Watch new musical talent bloom at the National Arts Centre Orchestra's Debut Series at lunchtime.

Check out 17-year-old Timothy Choi of Victoria, B.C., who will be performing at noon at the Salon of the NAC.

Tickets for the event are \$3 and proceeds go to the NAC Orchestra Bursary Fund.

Choi, who has had masterclass sessions with such greats as Pinchas Zukerman and Donald Weilerstein, is a student in his first year at Philadelphia's Curtis Institute of Music, studying with Ida Kavafian. Music performed at the event will include selections from Beethoven, Arcuri and Saint-Saens.

METRO



► Timothy Choi will be performing at noon today at the Salon of the National Arts Centre.

metro

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STEVE COLLINS/FOR METRO

Pot growers to pay taxes?

► CRA says income is taxable, whether it's legal or not

Police may turn a blind eye to the sale of uncensored medical marijuana in British Columbia, but the tax man doesn't.

The Canada Revenue Agency came knocking on the door of the British Columbia Compassion Club last October looking for a list of its pot suppliers.

The club went to federal court asking for a judicial review of the agency demand, arguing that ill medical marijuana users would be the losers when supplies dried up because they had to give up the names.

"If the applicant is seen as a source of information for authorities, it is foreseeable that cultivators will cease to deal with the applicant," say documents filed in federal court.

"The applicant's position is that the CRA

should consider the potential 'collateral damage' from its use of civil audit powers."

The Vancouver-based non-profit society supplies medical-grade marijuana to about 6,000 registered members diagnosed with everything from arthritis and glaucoma to cancer and HIV.

Instead of proceeding with the court action, the club has worked out an agreement with the federal tax agency, said John

Conroy, lawyer for the Compassion Club.

Now, club organizers are trying to convince 30 or so growers to step forward and declare their income to the agency during an amnesty worked out with the agency.

While the club puts strict organic farming conditions on growers and bans the use of chemicals, it insists it knows little about the growers themselves.

THE CANADIAN PRESS

Market moment

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CBC



News in brief



Jason Bourne, a vampire heartthrob and an American Idol judge are going to the Golden Globes.

The Hollywood Foreign Press Association announced Tuesday on Twitter that Matt Damon, Robert Pattinson and Jennifer Lopez would present trophies at the 68th annual ceremony at the Beverly Hilton Hotel on Jan. 16. For the second year in a row, Ricky Gervais will host the event.

THE ASSOCIATED PRESS



Canadians can start sampling content from Oprah's new network starting Friday

Paltrow's pals help bring her voice out

Actress turned to Beyoncé and Faith Hill to prepare for role in *Country Strong*  Had to win over producers who doubted her



NED EHRBAR

SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Famous as she may be, taking on the role of a country music superstar was more than a little daunting for Gwyneth Paltrow. But it wasn't the singing that had her worried — Paltrow has belted out a few tunes on screen previously, after all.

"I was nervous about playing somebody who was such a huge star, which is different from playing someone who, you know, has a guitar and sings or is trying to make it," she says. "My singing teacher in London worked me really hard. She was like, 'There's a big voice in there. We're going to get it out.' And I was scared of my own kind of voice."

Luckily, she had some friends with a little experience in the area. Paltrow turned to singers Beyoncé Knowles and Faith Hill for advice and guidance.

"They were both so supportive of me. They were so generous of spirit," she says. "I obsessively watched Beyoncé perform. I just wanted to get a little bit of that incredible self-belief and abandon that she has on stage."

On set, Paltrow found

support in Hill, whose husband, Tim McGraw, co-stars in the film. "When I got to Nashville, Faith helped me so much," she says. "Faith said to me, '30 days before you do just start singing it. Sing it every day so you know the vocal part, it's just in your muscle memory. I just did everything she said, and she got me through it.'

As much as she looked to her diva pals, Paltrow did have a music superstar at home to turn to, but she says husband — and Coldplay front-man — Chris Martin wasn't as much help as the ladies.

"I mean, he was great," she says. "But to be totally honest, I kind of picked the brains of my girl singer friends more, because I think it's a very different thing — to be a male in a band as opposed to a lead."

If Paltrow had any doubts about pulling off playing fresh-out-of-rehab singer Kelly Canterbury, they were nothing compared to those of the studio. At least that's what Screen Gems head Clint Culpepper told her.

"When the script came to him I was already attached, and he's like, 'You all are crazy. She is so wrong for this part,'" Paltrow remembers.



► Gwyneth Paltrow stars as country singer Kelly Canterbury in *Country Strong*.

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Add another song to her played list

▶ Swift, famous for singing about ex's, has been dumped by Gyllenhaal

While they spent a romantic Thanksgiving together, Jake Gyllenhaal and Taylor Swift rang in the New Year separately — and apparently the new couple is no longer a couple.

"They're over," a source tells People magazine. "It ended last month."

And according to Us Weekly, it was Gyllenhaal who initiated the split.

"He said he wasn't feeling it anymore and was uncomfortable with all the attention they got," a source says.

"He also said he could feel the age difference. Taylor is really upset. We told her not to move so fast with this but she didn't listen."

● METRO



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Celebrity tweets

Talking points

Aguilera gets a new ring from beau

PEOPLE Christina Aguilera reportedly celebrated her 30th birthday last month with a very special gift from new boyfriend Mattew Rutler: a ring. But sources tell People magazine that it doesn't mean the couple is taking the plunge. "It's not an engagement ring and they're not engaged," a source says. ● METRO



Goldie Hawn [\[@goldie-hawn\]](#) Just arrived NYC! Brrrrrr. Soon off to Russia! Double Brrrr



John Cleese [\[@John-Cleese\]](#) In 2011, be extra nice to people who resemble small animals



Russell Brand [\[@rustyrockets\]](#) 2011 is our last year before Armageddon, let's not spoil it by showing off. I nod you a merry New Year.



Elizabeth Banks [\[@Elizabeth-Banks\]](#) Some people treat themselves to NOBU or a juicy Peter Luger steak. Me? I'm all about IKEA meatballs. They make me really really happy. ● METRO



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Three spots to target

► The face is an obvious point of focus ► However, it's important to pamper your hands, chest and neck as well ► Here's why



The neck

"The neck ages much

more

start paying attention to that area now," she says. She suggests applying a healthy amount of moisturizer, preferably with an spf. "The good thing is that you can use most of the same products that you use on your face for this part of the body," Day says.

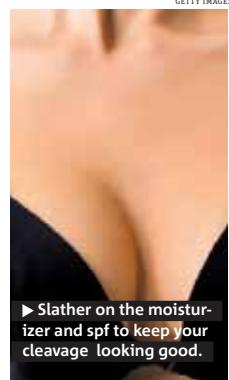
But if your neck is already looking less than radiant, she suggests trying the Colorscience range of spf powder brushes.

quickly than the face and it's much harder to fix," says Dr. Doris Day, a dermatologist in New York. That's an ominous thought. "You want to

Colorscience,
colorscience.com
approx. \$72



► The neck is one of the first parts of the body to reveal aging.



► Slather on the moisturizer and spf to keep your cleavage looking good.



► Save your hands from spots with sunblock.

The chest

During the autumn/winter runway collections, the cleavage was the star of the show. Keep your headlights bright with moisturizing creams packed with antioxidants and hydrating ingredients such as hyaluronic acid. Like the neck, the chest is another area in which problems can arise quickly. "I see a lot of women who have brown spots on the chest,



broken blood vessels and saggy skin in the cleavage area," she says. If the idea of spotty, wrinkly décolletage makes the hair on your arms stand on end, take note: You can decrease your chances of getting skin damage down there with the right products and daily application. Day recommends Skin Medica's TNS Hydrating Complex, which boosts firmness and elasticity.

Skin Medica,
skinmedica.com
approx. \$85

The hands

"Too many people over wash their hands. It's not good because it strips away the natural oils from your skin," Day says. Don't even think about washing without following up with a rich hand cream afterward, according to Day. And don't forget the all-important spf. "Like your face, your hands are constantly exposed so you want to be sure to protect them from the sun. Even on cloudy days," she says.

3 life

Mad for Versace



January Jones is the latest blond starlet to head-up Versace's spring/summer '11 advertising campaign. Donatella Versace described Jones as, "a perfect Versace woman for the 21st century...she is chic and elegant but deeply sensual too."

► METRO



Zac Posen forges ahead into 2011 collections with a look back at classic ones.

A makeup makeover

Don't know where to start on the clean-the-clutter resolution for the new year?

Your cosmetics case would be good since gratification can come in minutes instead of the hours it would take to organize your closet or wade through boxes in the garage.



Linda Wells, editor-in-chief of Allure magazine, is on board. She's going to start with clumpy mascara, foundation that shows signs of separation and any perfume that's cloudy instead of clear. Then out goes the fuchsia lip-

stick that doesn't look good now nor when she first tried it months ago. "If something doesn't look good today, yesterday or last year, then it's never going to look good. Give it up," Wells said.

So that you don't end up tossing expensive products

because you can't finish them in time, Wells suggested buying smaller jars and bottles, even if it doesn't seem economical at first blush. But you'll pay for wearing a mascara that irritates your eyes because of bacteria.

THE ASSOCIATED PRESS

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Going back to bohemia in 2011

► Today's most fashion-forward folk are looking backwards to the '70s

The wide-leg trousers, below-the-knee dresses and off-the-shoulder peasant tops headed our way in 2011 mark the beginning of a highly stylized trip down memory lane through the 1970s. Could an avocado kitchen be far behind?

Trend watchers find many sociological parallels between the '70s and the current climate – a time when working women were seen as coming into their own, a period of economic instability and a party-hard attitude. That, they said, could bring back more than a few trends.

People are no longer



► A look from Halston's
spring 2011 collection.

"I think there's a backlash in fashion against all the futurism and athletic references we've seen."

ANDREA PRAET

RSCG Worldwide PR. That can be interpreted in a plaid lumber jacket on a city street, men's half-groomed moustaches and beards, and mashups of seemingly clashing colours.

There's heritage and nationalism flowing on the runways with designers sticking to signature

pieces, with Americans doing more sportswear and Italians the sexy thing, for example.

"I think there's a backlash in fashion against all the futurism and athletic references we've seen," said Andrea Praet, trend director of forecasting firm StyleSight. "Minimalistic is still important, but so is authenticity. It's about just getting out there and living."

Gucci Westman, the Revlon global artistic director, really sees power and confidence coming through, especially for women.

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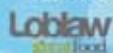
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Let the glittering glamour shine on

DECOR MOMENT



KARL LOHNES
HOME@
METRONEWS.CA

It's been only days since I took down the holiday ornaments, lights and tree, and I must admit that there's a rather dull vibe around the house. And this cold weather isn't making things any brighter.

Luckily, one of this year's big home decor trends is vintage shimmer and shine from the 1960s.

From glossy flooring, sequined pillows and rich satin fabrics, the house can feel like a glamourous holiday throughout all of the 2011. Here are a few glittering trends to look out for this year.



Crate and Barrel's Sunburst Mirror mixes gold and silver.

SEQUIN AND BEADS

Although sequins may feel scratchy, no one will argue that their glitter and shine add a sense of party-glamour to a room. A decorative sequined pillow, beaded lampshade or a drapery panel dotted with a few shiny bobbles will add whimsy and celebration to a room.



Soft sheen from leather on Crate and Barrel's Delano chair.

SATINY FABRICS

The soft sheen of leather is coming back and this around leather will be in a plethora of colours. Inspired from mostly '60s style, the simple furniture shapes with fashionable coloured leather will help make a statement in the living and family room.

Leather not your style? Consider a traditional styled, button-tufted sofa upholstered in a thick satin fabric. Think Doris Day and her '60s penthouse apartment and you'll be all set for this look. Upholstering a wall in faux-leather or satin gives a luxurious hotel-look to a bedroom.



High-gloss style without the high price from Ikea.

GLOSSY FURNISHINGS

Small spaces take well to super-gloss/shiny surfaces as they help to reflect light and look airier than heavy wood.

Considering a new kitchen? Look no further than the super affordable Ikea Abstrakt cabinetry in your choice of a few eye-popping colours.

Got a heavy-looking coffee table or dresser? Top it with a piece of thick glass to help create a reflective surface and lighten the overall look. A glass-panelled backsplash is an inexpensive and chic way to update a kitchen with shine.



Restoration Hardware's Aviator Wing Desk adds metallic sparkle to a room.

SHINY FLOORS

The luxe look of silk/wool area rugs add rich colour and sheen to the floor.

Deep colours of charcoal grey and chocolate brown are popular colours right now.

Other colours, such as deep purple, green or pink, could land on our floors soon.

Want ultra-cool flooring? Try leather floors for sheen and texture (check out torlys.com). Made of recycled leather, they add a sense of penthouse sophistication for around \$12 per square foot.

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LUNCH RUSH

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For many years, I've enjoyed visiting Thyme & Again for a quick cappuccino break, a freshly made sandwich, or a homemade dessert.

Other times, I've stopped by to shop for unique gifts.

And just this past week I picked up an Elk Pie for a potluck.

After poking around the shop and eyeing the display cases, I ordered a dilled egg salad (\$5.25) served on a seed-topped roll.

I like my egg salad with chunks, not puréed, and

Thyme & Again keeps the texture in this classic sandwich.

On a snowy day, the broccoli cheddar soup that came with it was perfect. It contained bite-sized florets of broccoli and just the right zing. An extra sprinkle of cheddar would have been welcomed, however.

I'm also a softie for the cappuccino brownie (\$2.95). It's always rich, with a layer of mocha icing below the chocolate icing.

Time and again, I'm always delighted with this little spot on Wellington.

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- 30 ml (2 tbsp) flour
- 125 ml (1/2 cup) milk
- 2 boxes (each 190 g/7 oz) frozen snow crab meat, thawed and squeezed dry
- 175 ml (3/4 cup) dry breadcrumbs, divided
- 30 ml (2 tbsp) parsley
- 5 ml (1 tsp) finely grated grapefruit zest
- 45 ml (3 tbsp) canola oil
- Spring mix greens
- 30 ml (2 tbsp) butter

2 **Crab cakes:** In a skillet, melt butter and cook onion, garlic, red pepper, tarragon and pepper for 3 minutes. Stir in flour and cook until absorbed. Stir in milk and cook until thickened. Remove from heat and stir in crab meat, 75 ml (1/3 cup) of the breadcrumbs, parsley and grapefruit zest until well combined.

3 Divide mix into 16 balls and roll each in breadcrumbs. Flatten each to about 1 cm (1/2 inch) thick and coat with more breadcrumbs.

4 In a skillet, heat oil over medium-high heat and cook crab cakes, turning once, for about 6 minutes. Remove to a plate. Place a few greens on platter and top with crab cakes. Spoon some of the grapefruit salsa on each one.

Grapefruit salsa

- 2 grapefruit, peeled and diced
- 30 ml (2 tbsp) chopped-parsley
- 1 clove garlic, minced
- Pinch salt and sugar

Preparation:

1 **Salsa:** In a bowl, combine ingredients, set aside.

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'It's Buffalo Ontario,' says fan

The overwhelming presence of Canadian fans at the world junior hockey championship drew praise from local organizers and international officials yesterday.

At a news conference ahead of the event's medal games, International Ice Hockey Federation president Rene Fasel turned to Dave Ogrean, USA Hockey's executive director, and said "I think you can be very happy to have this championship so close to the Canadian border."

Ogrean could only smile in knowing agreement, as an ebullient mass of Canadian fans have papered over HSBC Arena in red throughout the tournament.

"A few more probably did come over the border than we had anticipated or hoped," said Ogrean.

The enthusiasm of the fans in North America is exceptional and the enthusiasm of the fans in Canada is quite frankly second to none."

How dominant has there presence been?

During Monday's semifinal romp over the host United States, the Canadian fans began chanting, "This is our house!"

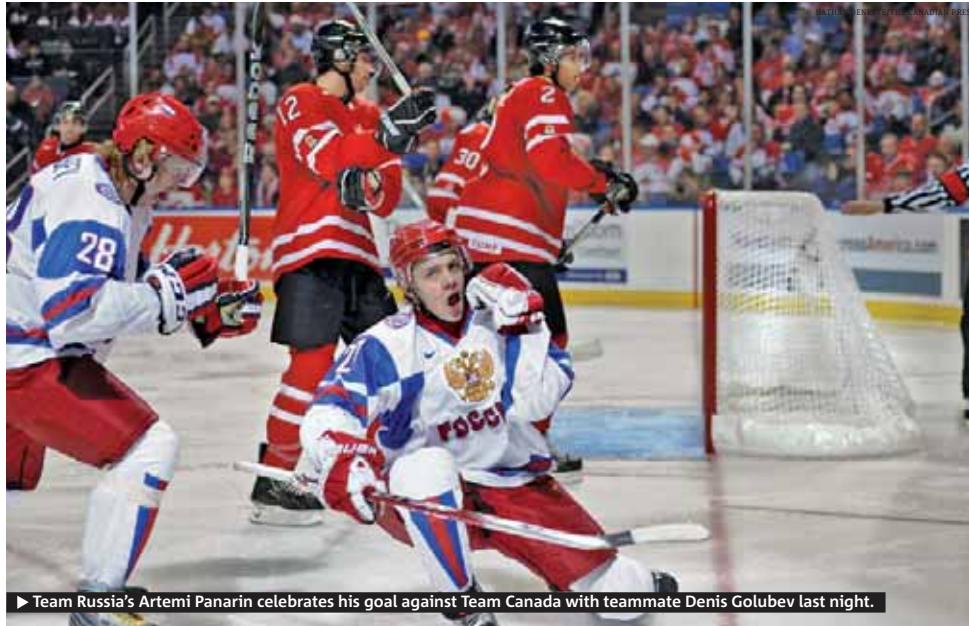
Organizers anticipated a total attendance exceeding 330,000, making it the second-most attended world junior championship. A record 453,282 took in the 2009 event in Ottawa.

THE CANADIAN PRESS

2.8M HSBC Arena sold 2.8 million ounces of beer during WJC's first 10 days. Organizers said Canadians bought about two-thirds of the event's tickets.

Gold vanishes in 20 minutes

► Russians roar back from three-goal deficit in the third to steal victory
► Canadians settle for silver at second straight World Junior tournament



For the second straight year, Canada has to settle for silver at the world junior hockey championship.

Artemi Panarin scored his second goal of the game at 15:22 of the third period for the winner as Russia roared back to beat Canada 5-3 in the tournament's gold-medal game last night.

Canada looked to have a comfortable three-goal lead heading into the third period, but suffered a disastrous collapse.

5
RUSSIA

3
CANADA

Panarin scored 2:33 into the final period, then 11 seconds later, Maxim Kitayev cut Canada's lead to 3-2.

With Canada reeling, Russian captain Vladimir Tarasenko scored at 7:29 to

tie the game 3-3. Panarin then scored the tournament-winning goal.

Nikita Dvurechenski capped the scoring for Russia late in the third.

Canada lost last year's final 6-5 in overtime to the United States in Saskatoon.

Brayden Schenn's goal in the second period gave Canada a 3-0 lead. His 18th point of the tournament moved him into a tie with Dale McCourt (1977) for the most by a Canadian at one world junior champion-

ship.

Ryan Ellis and Carter Ashton also scored for Canada, which was coming off a convincing 4-1 win over the host Americans in Monday's semifinal.

Russia entered the gold-medal game on a four-game winning streak after opening the tournament with losses to Canada and Sweden.

Russia beat the Swedes 4-3 in a shootout in the other semi.

THE CANADIAN PRESS



Sports in brief



1 Former Toronto Blue Jay Roberto Alomar was voted into the baseball Hall of Fame yesterday.

2 Michigan fired football coach Rich Rodriguez, ending a disappointing three-year tenure.

3 Adrian Beltre is taking over as the everyday third baseman for the AL champion Texas Rangers.

THE ASSOCIATED PRESS

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Le Collège des meilleures pratiques



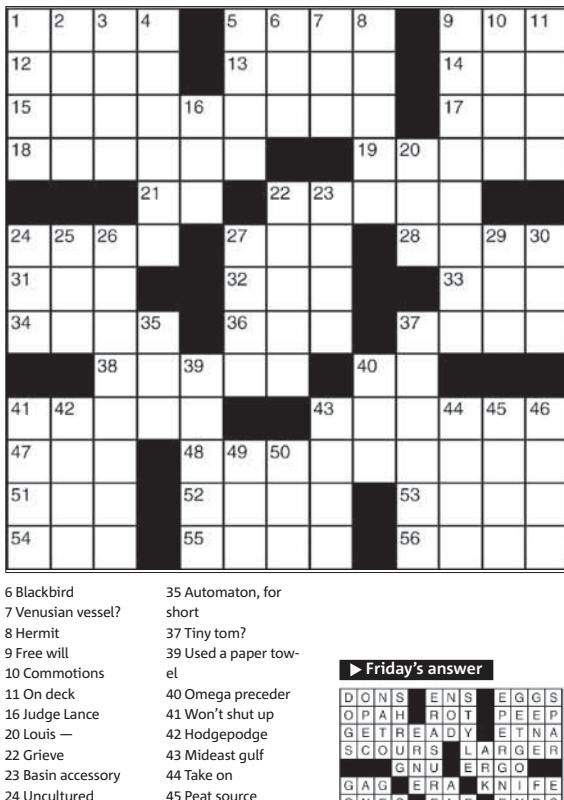
Crossword

Across

1 Capri, e.g.
5 Simon or McCartney
9 Moving vehicle
12 Practice pugilism
13 News, for short
14 Praise in verse
15 What the "food pyramid" involves
17 Smoked salmon
18 Pact
19 Be
21 Denial
22 Deserve
24 Street
27 Scatter seed
28 Passport endorsement
31 Upper limb
32 Color
33 Lord's Prayer start
34 "Dragnet" star
36 Bobble
37 Heal, as a fracture
38 Hawkeye
40 3.416
41 "Teflon Don" John
43 Breathing woe
47 — Baba
48 Hell
51 Resume
52 Sea bird
53 Formerly, formerly
54 Trinity member
55 Campus VIP
56 Untouchable Eliot

Down

1 — It Romantic?"
2 Boot attachment
3 Tardy
4 Gopher's job
5 Compassion



6 Blackbird
7 Venusian vessel?
8 Hermit
9 Free will
10 Commotions
11 On deck
16 Judge Lance
20 Louis —
22 Grieve
23 Basin accessory
24 Uncultured
25 Tramcar contents
26 Drive
27 Mets' old home
29 — generis
30 Illustrations
35 Automaton, for short
37 Tiny tom?
39 Used a paper towel
40 Omega preceder
41 Won't shut up
42 Hodgepodge
43 Mideast gulf
44 Take on
45 Peat source
46 Picnic invaders
47 —
48 49 50
52 —
53 —
55 —
56 —

Today's horoscope

Aries March 21-April 20 This is a key time for career issues, so decide what it is you want to accomplish, make plans that will take you from where you are now to where you want to be, then get going.

Taurus April 21-May 21 You have enough on your plate as it is at the moment, so don't agree to do even more, not even for those you love. You may have more stamina than most signs but you have limits too.

Gemini May 22-June 21 Someone is trying to make you feel guilty about something that was not your fault — well, not entirely your fault. They will only succeed if you admit responsibility, so deny every-

thing.

Cancer June 22-July 22 The more time you spend trying to work out what might go wrong the less time you'll have to enjoy all the things that are so obviously going right. Worry

Leo July 23-Aug. 23 You must make a serious effort today to catch up on the backlog of jobs you never quite got around to finishing, but should have.

Virgo Aug. 24-Sept. 22 You may be eager to experience new things, thanks to the Sun and Mars in the most dynamic area of your chart, but in some areas it might be wiser to play safe today. On the work front,

For today's crossword answers and for expanded horoscopes, go to metroneWS.ca



especially, don't go to extremes.

Libra Sept. 23-Oct. 23 Let friends and family members know what it is you desire because the planets indicate you might get lucky today.

Scorpio Oct. 24-Nov. 22 Are you totally committed to whatever it is you are working on? If not the results could be disappointing, both for you and for those who support you

Sagittarius

Nov. 23-Dec. 21 It's great that you are so enthusiastic but energy, like everything else, is a commodity that has a finite supply, so don't overdo it.

Capricorn Dec. 22-Jan. 20

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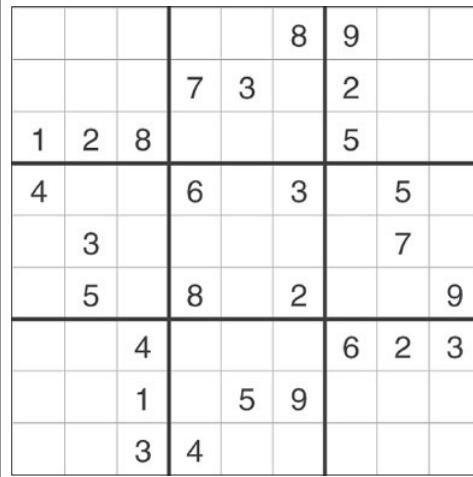
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Sudoku



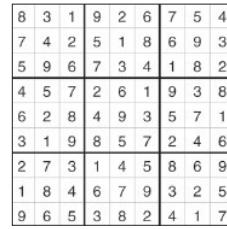
Send a KISS

Show some love! Send a note to somebody special at kiss@metroneWS.ca

To Mr. Panda
We have our ups and downs, but you are still the one I want to snuggle with every night. You are still the one I think is the handsomest of all the Pandas. You are still my soft breeze on a summer's day. You are still the secret smile on my lips. I love you forever and a day. **SOON TO BE MRS. PANDA**

My Dear Mamusik and my lovely sister Lucy, Happy New Year!!! Wish You lots of love, health and happiness!!! May all your dreams come true!!! Love you both! **ME :)**

My Princess, you make me so happy! I love going to bed beside you, and waking up next to you. Can't wait to be your wife. **Forever Love, -YOURS ONE XO**



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

► Friday's answer



Today

-6°/-8°
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"Liz was all-pro at Barrel of Monkeys"
DANIEL AHMEOYE



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Write a funny caption for the image to the right and send it to play@metroneWS.ca — the winning caption will be published in Tuesday's Metro.

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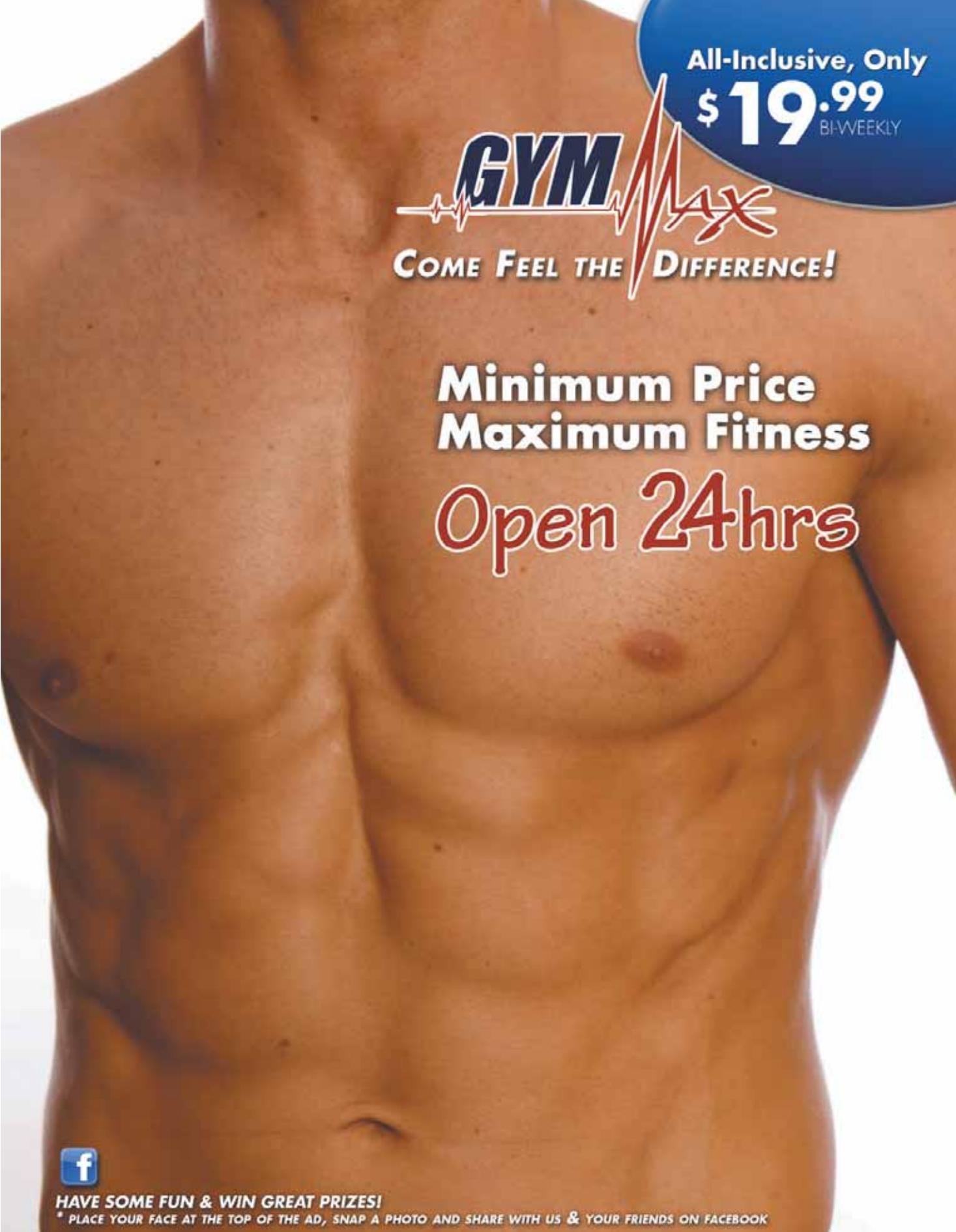
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